STIMTRAINER™ MANUAL

Model ST- SPORT & STPro

Thank you for selecting the StimTrainer™. You are joining a growing number of StimTrainer™ users worldwide who have been discovered the benefits of "targeted vibrational therapy".

Before using the StimTrainer for the first time, please read this instruction manual carefully. Keep this information at hand for future reference.

StimTrainer's patent pending gentle and soothing vibrations, used for 5-10 minutes each day, can be very beneficial to you. The StimTrainer™ delivers a patent pending blend of frequencies that tune-up the body, a "BioTune-Up™". The gentle vibrations create warm, happy muscles and a pleasant sense of wellbeing. You will find the pre-set features easy and safe to use. Each model has its own unique design. There are control buttons which give you a choice of 3 training features, 2 intensity settings, pause and power on.

Vibration therapy is becoming routinely prescribed in today's sports and medical fields. The StimTrainer™ is unlike conventional vibration devices which use one frequency to work one muscle group at a time. It is not a TENS unit that uses electrical currents to create muscle activity. The StimTrainer™ uses a blend of mechanical vibrations. It is battery operated, portable, safe and easy to use.

Several years of clinical use has proven the StimTrainer™ as an effective device in relieving common feelings of discomfort after a day of sports, occupational or household activities. It also permits rapid range of motion improvements in most people.

What is the StimTrainer™?

The **StimTrainer™** is leading edge technology. Wearing the **StimTrainer™** while you train in various activated, intensifies your results and improves skills faster than conventional training alone. The **StimTrainer™** emits non-electrical current. It works on the principle of a patent pending blend of mechanical vibration frequencies.

Why does the StimTrainer™ work?

Every cell in our body vibrates. Research has shown that the human body resonates (vibrates) at a frequency of 5-8 Hz. The **StimTrainer™** works by sending specific vibration signals to the body, producing the result of performance enhancement.

STIMTRAINER™ MANUAL

StimTrainer™ Principles

Communication between your brain and your body can be limited by blockages of nerve signals leading to loss of flexibility, decrease blood flow and unhappy muscles. All muscles require nerve input, encouraging full motion (flexibility) movement and nutrition delivery to achieve maximum performance. The **StimTrainer™** technology naturally (without drugs) helps your body to return improved motion which leads to and allows maximum performance.

How Soon Can Results be Expected?

The patent pending technology of the **StimTrainer™** permits rapid results. The result you experience can be enhanced with further training on a regular daily basis. Some users report a prompt reduction in pain and most experience increased flexibility they had lost years before. The extent of the changes you experience are a matter of the intensity and frequency of your training with the **StimTrainer™.** It is important to begin your training sessions with slow improvements, gradually increasing your workout as you gain strength, flexibility and skill.

We trust your experience with the StimTrainer™ will be beneficial and that you will share your results. Please go to our web at www.stimtrainer.com for additional instructions and exercise guides. **Thank you!**

"Have you been Stim'd today?"

StimTrainer™
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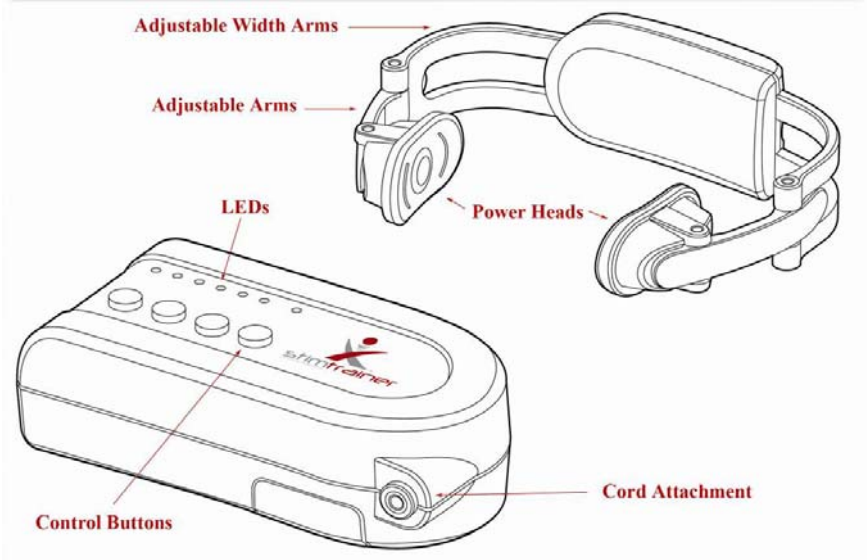
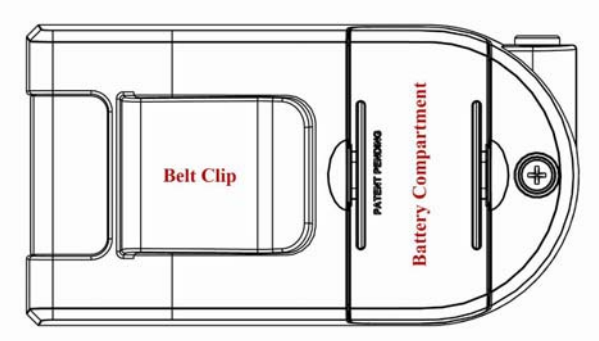


Precautions:

WARNING: To reduce the risk of injury, read the following important precautions and information before operating your StimTrainer™. StimTrainer™ assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Before beginning this or any exercise program, consult your doctor. This is especially important for persons who do not exercise regularly, are over 50 years of age or are pregnant. Self-diagnosis may lead to damaging health conditions. **This product is not intended to diagnose, treat, cure or prevent any disease. These statements have not been evaluated by the food and drug administration.**



BATTERY INSTALLATION

1. Lift plastic cover on the back of the control unit by squeezing the battery tabs together and lifting the cover with your finger under the tab. The battery cover will open.
2. Install four "AAA" batteries, observing +/- polarities diagram in the battery compartment.
3. Replace battery cover. It will easily fit in its correct position.

BATTERY REPLACEMENT

1. When the battery replacement symbol flashes, replace all 4 batteries with new alkaline batteries.
2. Turn off power before replacing batteries.
3. Dispose of all used batteries according to the disposal method in the municipality where you live.

BATTERY LIFE

1. Four AAA batteries will last approximately 18 hours of continual use. Normal usage not exceeding 20 minutes per day will result in a 4-week interval between replacements. More frequent usage or longer duration of continuous usage will result in more frequent replacement times.
2. All batteries may leak and damage electronics. Please note the following points:
   Remove batteries from this unit when you are not going to use it for more than 4 weeks.
   Replace damaged batteries with new ones immediately.

SUPPLY CORD ATTACHMENT

1. Connect the supply cord to the control unit and the head unit by firmly pressing in the silver tipped connections into each black opening on the units.

INSTRUCTIONS FOR USE

1. Comfortably fit the StimTrainer™ contact pads on both sides of your neck (the skin area where contact pads touch should be free from cuts, abrasions or open wounds). The skin should be clean and free of dirt, oils and perspiration. You should be able to put your little finger in-between the StimTrainer™ contact pads and your neck. It should not be tight!

NOTE: Each StimTrainer™ model has its own color. The color of your model may vary this one shown in the photo.

2. Fit the belt clip on the waistband or belt.

USER SELECTION GUIDE TABLE

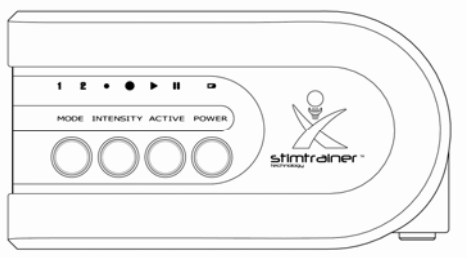
Select your use in the left hand column and follow the table directions for proper operation.

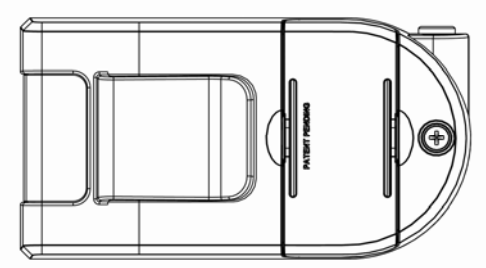
	BEGINNER			INTERMEDIATE			ADVANCED		
	MODE	INTENSITY	DURATION	MODE	INTENSITY	DURATION	MODE	INTENSITY	DURATION
STRETCHING	1	low	10 minutes	1	high	10 minutes	2	high	6 minutes
TRAINING	1	low	10 minutes	2	low	6 minutes	2	high	6 minutes
RELAXING	1+2	low	3 minutes	1+2	low	6 minutes	---	-----	-----

We recommend that you choose the BEGINNERS fitness level. We have found that most everyone benefits from starting at the beginning level and progressing to other fitness levels. Some muscle functions need more attention. Balance is the key to your healthy success. Begin to re-train your body for proper function. As you progress, you may find that in some stretch and exercise activities you will choose BENINNERS and in others you may progress to INTERMEDIATE or ADVANCED levels, all within the same workout. The StimTrainer™ USER SELECTION GUIDE helps you understand your muscle performance capacity.

GETTING STARTED – HOW TO USE THE STIMTRAINER™:

The StimTrainer™ is easy to use. It has 4 action buttons and 7 lighted symbols to indicate your selection.

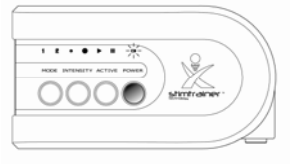




There is 1 (one) access area. It is the battery compartment. All other access is prohibited and may result in damage to the unit and possibly to the user! To change the batteries refer to the LOW BATTERY INDICATOR AND BATTERY REPLACEMENT.

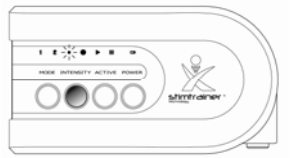
TURNING THE UNIT ON:

Press the "POWER" button. The 'POWER" light comes on.



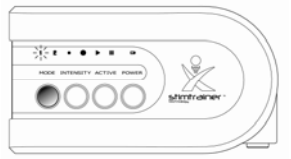
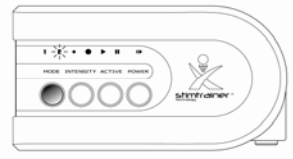
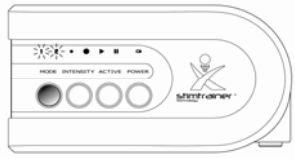
INTENSITY SELECTION:

Press the "INTENSITY' button until you have chosen the desired intensity. The "INTENSITY" light will come on. The lighted "●" = low and the larger "●" = high.



MODE SELECTION:

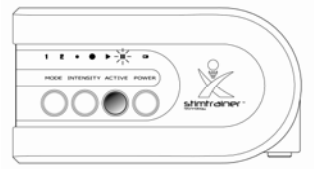
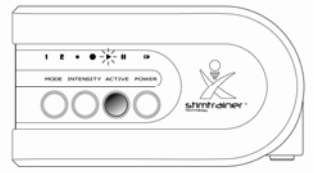
Press the "MODE" button until you have chosen the desired pulse action. The "MODE" light will come on. Press the button until the **1** or **2** light comes on. To select **1+2** mode, press the button until both **1** & **2** are lit at the same time.

The unit will be in a "paused mode" until you activate it!

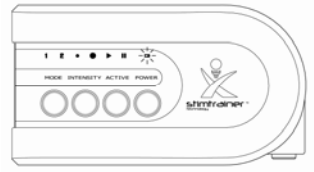
GETTING THE UNIT TO START VIBRATING, PAUSING AND RESUMING VIBRATION:

Press the "ACTIVE/PAUSE" button once. The symbol "**II**" light will come on. The StimTrainer™ will begin vibrating. To stop or pause, press the "ACTIVE" button once. The symbol "►" light will come on, indicating that the unit is paused. To start it again, press the "ACTIVE" button once and the symbol "**II**" light will come on and the StimTrainer™ will begin vibrating again.

LOW BATTERY INDICATOR AND BATTERY REPLACEMENT:

When the battery is low and needs to be recharged or replaced, the "BATTERY LOW" light will come on. To change the batteries simply remove the back cover, remove the batteries and replace with 4 new AAA alkaline batteries. Replace the cover. It will only fit in one direction. Align properly.



NOTES ON SAFETY

If you have concerns regarding your health, consult your doctor before using this product. Never use this unit in combination with the following medical electronic devices:

(1) Electronic life support systems such as an artificial heart/lung.
(2) Portable electronic medical devices such as an electrocardiograph.
(3) Heart Pacemakers

While this unit has not been shown to cause malfunction on the above mentioned devices, it may cause malfunction, therefore DO NOT use the StimTrainer™ with these devices without consulting your physician first.

Those with the following conditions should consult their doctor before using this product:

- Pregnancy
- Diabetes
- Heart Disease
- Malignant Tumor
- Conditions requiring rest
- Circulation problems

- If at any time persistent soreness, rash or an increase in pain occurs, discontinue use and consult your physician.
- NEVER use this product directly on swollen or inflamed areas, skin eruptions or an open wound. Do not apply over insensitive skin or in the presence of poor circulation
- Using the StimTrainer™ longer than 30 minutes is not considered harmful, but it is not recommended
- Do not use this product as a substitute for medical attention.
- Do not disassemble this unit. It will void your warranty. You may be injured and you may damage the unit.

- DO NOT expose the StimTrainer™ to temperature extremes (below -10° C/14° F or over 50° C/122° F) or excessive humidity (>90% RH) as damage could occur to the electronics.
- Close supervision is necessary when this appliance is used by, on or near children under the age of 12, invalid or disabled persons.
- Do not use on infants or small children.
- Do not use while sleeping.
- Use of this appliance is only for its intended purpose as described in this manual. Do not use attachments that have not been supplied with or recommended by StimTrainer, Inc.
- Do not place or store appliance where it can fall or be dropped into a tub or sink with water or any other liquid.
- Do not submerse this unit nor use it in or around water sources. Do not place this unit in a highly humid environment, where water may splash, in direct sunshine, or near any source of fire, flame or extreme heat or heated surface.
- Do not use this unit when your body and/or fingers are wet, such as after taking a bath.
- Do not sit on or crush the StimTrainer.
- Never pull StimTrainer head piece or control unit by the supply cord and do not use the cord as a handle.
- Never operate this appliance if it has been damaged or if it is not working properly. Return it to the StimTrainer Service Center for service and repair.

TROUBLESHOOTING:

If the unit stops working, check to see if the PAUSE symbol "►" is lit. If so, press the ACTIVE button once.

If the unit still does not work, check to see if the LOW BATTERY symbol is lit. If it is, replace the batteries.

If the previous solutions do not work, check your cord connection. Make sure the cord is securely plugged in.

NOTE: If for some reason the StimTrainer™ quits working, first replace the batteries. If that does not correct the problem contact your dealer for appropriate action or check on the web for more solutions at www.stimtrainer.com.

Do not open the unit! Your warranty will be voided. If you see any damage to the connections or the wiring of the StimTrainer™ please contact the service center to get instructions on repair or replacement.

Average Treatment Time

Average treatment time is 5 to 10 minutes. While it is often not necessary to use the StimTrainer™ for more than 20 minutes of use in one therapy session, it is still safe to use for longer periods of time.

HOW TO MAINTAIN THE STIMTRAINER™

Proper maintenance is very important to ensure your StimTrainer™ is always in best working condition. Improper maintenance can cause damage and shorten the life of your StimTrainer™ and exceed the LIMITED WARRANTY coverage.

How to Care for and Store the Unit

CLEANING:

Clean only with a soft cloth. To prevent damage to the head or controller, never allow water or any other liquids to come in contact with the StimTrainer™.

- Do not immerse in any liquid to clean.
- Never use abrasive cleaners, brushes, gasoline, alcohol, benzene, kerosene, glass/furniture polish or paint thinner to clean the StimTrainer™.
- Do not attempt to repair this unit. There are no user serviceable parts. For service, contact your distributor for appropriate action.
- Do not pull on the supply cord or use it to carry the StimTrainer™. This could damage the cord and loosen its connections to the control unit and head piece.

STORAGE:

When not in use keep the StimTrainer™ in a cool, dry and safe place. Avoid contact with sharp edges or pointed objects which might damage the controls, wire or plastic. Never drop or insert any object into any opening in/on the StimTrainer™.

Do not use the StimTrainer™ if the supply cord between the control unit and head is damaged or if the device is not working properly. (See "Trouble shooting" page.)

The StimTrainer™ Consumer and Sport Models are not medical devices. Each is intended for use as an exercise and wellness aid. It is the responsibility of the owner to ensure that all users of this StimTrainer™ are adequately informed of all warnings, precautions and proper use of this unit. Use the StimTrainer™ only as described in this manual or on the web. Keep pets away from the StimTrainer™ at all times.

Your StimTrainer™ is Factory Pre-Assembled

GOALS FOR USE

These 3 goals will help you get the most out of your StimTrainer exercises.

1. Increase flexibility
2. Improve Stability
3. Add Strength

Warm up/Cool down/Stretching

When using the StimTrainer you will notice your warm up time can be accomplished with greater ease. A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Warming up is a vital part of any activity – so begin every session with a warm up. Your body and muscles warm and prepare for the more strenuous activity. Your circulation and pulse rate increase bringing more oxygen to your muscles.

A sufficient warm-up includes 10 minutes walking or jogging in place while wearing the StimTrainer. Monitor your pulse rate and stay within the target zone appropriate for your age.

Then stop and gently stretch the major muscle groups starting with your areas that feel the tightest. Completely stretch all major muscle groups for the best results.

StimTrainer University BioTune-Up™ Flexibility Training Program

There are many benefits of exercising:

Sleep well
Increased metabolic rate
Less fat
Improved posture
Less aches and pains
Stronger bones
Better self-esteem

Set goals that you can accomplish with a little effort and then increase your effort with time. Go slow. Don't try to make up for months or years of little or no exercise in the next 30 days. Gradually build your effort one step at a time. Eat healthy, drink a lot of water, get plenty of sleep and have a positive attitude.

Look for opportunities during your normal day when your current habits could be substituted for healthier practices. Instead of taking the elevator, take the stairs and instead of going out for a long lunch, take a brisk walk and eat healthy. Even if you only do it one day each week it is a start. You will find that with the StimTrainer, you work outs can be more productive with less aches and pains if you follow the guidelines of the experts.

For more product and fitness information including other StimTrainer University Workouts, visit our website:

www.stimtrainer.com

Training with the StimTrainer Knowledge Base

Established in 2006, the StimTrainer Knowledge Base brings together some of the World's leading fitness professionals and doctors to provide you with access to the latest research in the health and fitness industry. StimTrainer has developed a unique fitness program with the unique frequency training of the StimTrainer and its Kinetic Chain Exercise Program™. Incorporating all the essential principles of exercise, the Kinetic Chain flexibility and Strength Program utilizes three distinct training levels based on varying exercise goals. Basic. Intermediate. Advanced.

As a guide, StimTrainer University recommends that beginners work out using the flexibility protocols for the first four weeks of their training. After that you should be able to proceed with the additional strength program to suit your preferences and objectives.

Product Specifications

Output: Vibrational Stimulation
Cover: ABS Plastic
Display: LED Readout (Light Emitting Diode)
Button: ABS plastic made in durable colors
Circuit: Digital processor
Protection: 3-10 minute, timed auto shut off.
Mode of operation: Bilateral Continuous & Pulsed operations
Timer: 3–10 minutes, auto shut off
Power supply: 4-AAA alkaline batteries, (or 4-AAA NiHy batteries)

Operating temperature and humidity: 50°F - 104°F (+10°C to +40°C), 30% - 85% RH
Storage temperature and humidity: 40°F - 120°F (-20°C to +60°C), 10% - 95% RH
Specifications may be changed without prior notice.

We are committed to providing complete customer satisfaction. If you have any questions or if parts are missing or damaged, we guarantee complete satisfaction. The trained technicians on our customer hotline will provide assistance.
USA Customer Hotline: 770-486-5772
USA Customer Services: customerservice@stimtrainer.com
Serial No: _____
Model No: _____
Date of purchase: _____
Write the serial number and model number in the space above for future reference. (Information located in the battery compartment, under the battery pack.)

Limited 30-Day Warranty

WARRANTY
Damage caused by abuse; accident; the attachment of any unauthorized accessory; alteration to the product; or any other conditions whatsoever that are beyond the control of StimTrainer are not covered by this warranty. COMPANY SHALL NOT BE LIABLE IN ANY EVENT FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES.
Warranty Claims: Should your StimTrainer™ unit become defective within the 30- day warranty period, return the unit for service.

Non-warranty repairs require a Return Material Authorization (RMA) Number and a credit card pre-authorization which will include repairs and return shipping and handling costs. Please call 770-486-5772 to obtain your RMA and to provide your credit card number. Return Non-warranty repairs along with your RMA to:

StimTrainer™, Inc
312 Crosstown Road, Suite 310
Peachtree City, GA 30269

All attempted returns received without an RMA will be refused.

StimTrainer, Inc. ("Company") warrants that the StimTrainer™ products ("Product") to be free of defects in material and workmanship. This warranty shall remain in effect for 30 days (1 month) from the date of original consumer purchase. If this Product fails to function during the 30 days warranty period due to a defect in material or workmanship, Company or the selling dealer will repair or replace this Product without charge within a period of thirty (30) days from the date on which the Product is returned to the Company or the dealer. All repairs to the Product must be performed by a service center authorized by the Company. Any modifications or repairs performed by unauthorized centers will void this warranty.

This Warranty Does Not Cover:
Replacement parts or labor furnished by anyone other than the Company or a certified Company service technician. Defects or damage caused by labor furnished by someone other than Company or a certified Company service technician. Any malfunction or failure in the Product caused by product misuse, including, but not limited to, failure to provide reasonable and required maintenance or any use that is inconsistent with the Product User's Manual will result in voiding the warranty.

THIS WARRANTY IS THE CUSTOMER'S SOLE AND EXCLUSIVE REMEDY FOR ANY DEFECT, MALFUNCTION, DAMAGE OR OTHER FAILURE OF THE STIMTRAINER. The Company does not authorize any person or representative to create for it any other obligation or liability in connection with the sale of the Product. Any representation or agreement not contained in the warranty shall be void and of no effect. The Product must be returned to the Company along with proof of purchase receipt.

THE FOREGOING WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE

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